

CONSTITUTION AND BY-LAWS OF
THE TARHEEL SWIM LEAGUE
(The Tarheel Recreation Swim League)
Est. October 2006

PURPOSE STATEMENT

We, the members of the Tarheel Swim League, have established this recreation swim league in order to create a fun and encouraging environment for competitive swimming. Member teams will work together to make decisions that are to the benefit of the participating swimmers and the League as a whole.

CONSTITUTION

ARTICLE I

The name of this organization shall be the Tarheel Swim League.
(The Tarheel Recreation Swim League.)

ARTICLE II

The purpose of the League is to promote competitive swimming. It encourages each team to develop a program that will include as many young people as possible.

ARTICLE III

Swim teams cannot be dual-league teams.

TARHEEL SWIM LEAGUE BY-LAWS

ARTICLE I MEMBERSHIP

- 1.1 The Tarheel Swim League (TSL) is composed of the following swim teams:
- Black Mountain Swim Team (BMST)
 - Forest City Swim Team (FCST)
 - Granite Falls Swim Team (GFST)
 - McDowell Mariners Swim Team (MMST)
 - Transylvania County Swim Team (TCST)
 - Valdese Torpedo Swim Team (VTST)
- 1.2 Members will be accepted by a simple majority. Teams will submit an application. Teams applying are required to be Rec-sponsored and have access to a 25 yard or 25 meter pool to hold competitions.
- 1.3 Members will submit a form to the Board President each year by July 1st indicating their current team status, team fees, Board members, and summary of off-season swimming activity. This form must be signed by the recreation director or notarized.
- 1.4 The Tarheel Swim League will abide by the following due process for any team found in violation of these By-Laws:
1. The governing Board will issue a warning.
 2. The governing Board will issue a specific time period for this team to comply with the rule(s) in violation.
 3. The team will be suspended for one season or Conference until the issue is resolved.

ARTICLE II GOVERNING BODY

- 2.1 The Tarheel Swim League will be governed by a Committee, consisting of, at least, one vote per swim team which will be cast by that team's Head Coach.
- 2.2 If a team's Head Coach is not present during a vote, he/she can designate (in writing or via email) another representative from that team to cast their vote.
- 2.3 A simple majority vote will carry and can be completed by Internet vote.

ARTICLE III MEETINGS

3.1 The Tarheel Swim League will hold two meetings a year:

- The first will be a fall meeting in September/October. This meeting is established in order to discuss the previous swim season and any issues that may have come up.
- The second will be a spring meeting in March. At least 1 representative per team is expected to attend in order to create the upcoming summer's meet schedule.

ARTICLE IV MEETS

4.1 United States Swimming (USS) rules will apply to all meets.

4.2 Member *teams* may only compete in Tarheel Swim League sanctioned meets. (This does not limit individual swimmers from participating in other meets during the summer or the off-season with non-TSL teams.)

4.3 All teams holding meets will have a 10:30pm end time. If meet events are in the 50s at approximately 10:00pm the meet will stop. If meet is in the 70s and can be completed by 10:30pm, the meet will continue. An option to cut the long free and have no I.M.s can be considered to adhere to time restraints.

4.4 Cancellation Policy: All teams will have a 4:00 pm cancellation deadline.

- Weather-related cancellations when both teams are on deck can count towards the swimmers' "splash count" requirement for Conference if the following terms are met:
 - Hosting team will print the Check-In sheet from Meet Manager and all swimmers who are present will sign/initial. A copy of this paper must be submitted to the team hosting Conference in order for that meet to count in the "splash count" for eligible Conference swimmers.
- Team-related cancellations before 4:00pm must be brought to the TSL Board on a case-by-case basis for consideration as part of the "splash count" requirements for Conference. The cancelling team will not have an opportunity to count the cancelled meet towards the "splash count."

4.5 Clerk of Course will be mandatory at each meet. Hosting team is responsible for assigning volunteers for the Clerk of Course.

4.6 Swimmers should be with the team for the season to compete. Any other additions to the team may swim as an "exhibition swimmer."

4.7 Rosters must be turned in to the TSL Board President by July 1st every year. Any swimmer not on the team roster as of July 1 is ineligible to compete in the Conference meet.

4.8 A swimmer can only be listed on one League roster and must swim in a minimum of two League meets with that team to qualify for Conference and three League meets to qualify for Invitational Meets. (Teams must submit a Meets Attended Report to the team hosting Conference one week prior to Conference in order to ensure that swimmers have competed in two regular season meets.)

- 4.9 Coaches may swim competition if age 18 or under and included on the team roster.
- 4.10 A swimmer's age as of June 1 will be the age at which the swimmer will swim for the summer season. Swimmers must be age 18 or under on June 1 in order to be eligible to compete.
- 4.11 If a swimmer swims up an age group throughout the season, he/she must swim in that age group in the Conference and Invitational Meets, using the appropriate qualifying times.
- 4.12 Each swimmer is permitted to swim a total of five (5) events in a meet with a maximum of four (4) individual events. In no circumstances may a swimmer swim more than two (2) relay events. No swimmer may swim over one (1) heat in any event.
- 4.13 Times for swimmers must be converted for the pool the team is visiting and be clearly marked on the card. Failure to do so should be reported to the Board.
- 4.14 For individual events, a swimmer may be moved up only one age group for that particular event. For relay events, any number of swimmers may be moved up to fill a relay. Under no circumstance may a swimmer swim down into a younger age group.
- 4.15 Dive-overs may be used at the discretion of the Coaches of the teams involved in the meet.
- 4.16 In dual and triangular meets, ribbons will be given to First, Second, Third, Fourth, and Fifth place in Individual events. In Relay events, First and Second places will receive ribbons.
- 4.17 Heats will be started as follows:
- a. A series of short whistles = Notice to the blocks
 - b. One, long whistle = Swimmers on the blocks / in the water
 - c. Verbal command, "Take your mark." followed by a horn to start the event
- 4.18 The order of events will be as follows:
- 200 Open (Free)
 - Free Relay
 - Short Free
 - IM
 - Back
 - Long Free
 - Fly
 - Breast
 - Medley Relay
- 4.19 Meet Scoring: The following chart includes scoring for dual, triangular and conference meet.

		Dual	Triangular	Conference
Individual	1 st	6	6	7
	2 nd	4	4	5
	3 rd	3	3	4
	4 th	2	2	3

	5 th	1	1	2
	6 th			1
Relay	1 st	8	8	14
	2 nd	4	4	10
	3 rd			8
	4 th			6
	5 th			4
	6 th			2

4.20 It is encouraged that record high times be recorded and a new list will be kept on record.

4.21 Host teams will email both Team Manager zip files and pdf results to the visiting teams within 24 hours of the completion of events.

ARTICLE V CONFERENCE

5.1 The Tarheel Swim League Conference meet must be held in a 25 yard or 25 meter pool.

5.2 The Tarheel Swim League Conference meet will be held at the Valdese Recreation Department pool, with the host team reserving the option to host at their own facility should they desire to. The location and date of the conference meet will be decided at the Fall meeting in the year preceding the event. If the meet is held at Valdese, the host team is responsible for collecting entries and entry fees, securing meet volunteers, awards, a t-shirt vendor, and any additional approved vendors. The facility will provide a pool, backstroke flags and lane lines, lifeguards, and the starting and timing system. Funds from any profit-sharing with vendors will go to the host team. The host team will collect facility fees from the participating conference meet swimmers and provide those to the Valdese Recreation Department within two weeks of the completion of the conference meet.

5.3 Conference hosts will be determined by an alphabetical rotation of the member teams:

Black Mountain Swim Team
Forest City Swim Team
Granite Falls Swim Team
McDowell Mariners Swim Team
Transylvania County Swim Team
Valdese Torpedo Swim Team

5.4 Teams who are not prepared and/or equipped to host Conference will pass to the next hosting team.

5.5 Fees for conference meets will be \$1.50 for individual events and \$4.00 for relay events. There will be an additional \$2.00 facility surcharge per swimmer participating in the conference meet.

5.6 Awards: Conference scoring is now standardized using the 6-lane USS format. At Conference, medals will be given to both individuals and relay events for the First, Second and Third places

and ribbons given to the Fourth, Fifth and Sixth. Awards: The hosting team will provide medals for first, second and third places. Ribbons will be consistent: Fourth place, yellow; Fifth place, green; Sixth place, purple.

- 5.7 Trophies: For the Conference meet, the hosting team will provide 1st, 2nd and 3rd place high points trophies for each age group (boys and girls). (*Hosting teams must manually add the points for the 200 Free event as Meet Manager will not include open events in the report.*)
- 5.8 If a hosting team designates a swimmer ineligible to participate in Conference due to a meet requirement or roster violation, the hosting team will contact the Head Coach of the team in violation and allow him/her the opportunity to reconcile the issue.
- 5.9 The Head Coach may designate another eligible swimmer to fill the relay spot of a swimmer designated ineligible to participate in Conference.

ARTICLE VI OFFICIALS

- 6.1 Meet officials will be as specified in the US Swimming Rule Book.
- 6.2 The league will have a Training Chair responsible for 1) scheduling and providing training opportunities for officials, as well as 2) maintaining a record of officials from each team eligible for participating in the conference meet each year. The Chair will consist of members from two teams, serving two year terms, with one team member serving as outgoing chair and a second team member serving as incoming chair. The Chairs will follow alphabetical order, with the first outgoing chair being from Valdese, and the first incoming Chair being from Black Mountain. The following season's incoming chair will be from the next team in alphabetical order.
- 6.3 At least one representative from each member team must attend an Official's Clinic each year. This clinic will cover starter, stroke and turn judge, referee, and Clerk of Course rules. Stroke and Turn Judges are certified (a) upon completion of the annual clinic, or (b) upon instruction by someone completing the annual clinic, viewing the USS stroke-turn, finish judge video tape and apprenticing as such judge at three swim meets.
- 6.4 Only certified referees shall judge Conference and Invitational Meets.
- 6.5 Visiting teams, as a courtesy, will provide a minimum of eight (8) officials; six (6) of which will be timers with watches. The other two (2) will be positions where needed during the meet. To conduct an effective meet, each team needs representation. Visiting teams are expected to bring stop watches to away meets.

ARTICLE VII CODE OF CONDUCT

- 7.1 All swimmers and parents/guardians are expected to follow a Code of Conduct established by the Tarheel Swim League Board.
- 7.2 All persons involved in the Tarheel Swim League will maintain self control at all times and know their role:

Swimmers – Swim.
Coaches – Coach.
Officials – Officiate.
Parents – Parent.

- 7.3 Those involved with the Tarheel Swim League will support swimmers, coaches, officials, and parents with positive communication and actions.
- 7.4 During meets, any concerns or questions regarding decisions made by meet officials are to be directed to team Coaches first, at which point team Coaches will discuss the situation and handle it accordingly.
- 7.5 Each member team of the Tarheel Swim League has the option of using a series of statements designated for both swimmers and parents to distribute during their specific registration time. Each team is responsible for communicating the Code of Conduct policy to its swimmers and parents. (See ARTICLE VII-A for further explanation.)
- 7.6 Failure to comply with these standards by the swimmer or parent may result in any or all of the following actions at the discretion of the Coaching Staff and/or the TSL Board:
 - a. Athlete's removal from a practice, meet event or entire meet
 - b. Parent's removal from a practice or meet
 - c. Athlete's temporary removal from the team
 - e. Athlete's permanent removal from the team

**ARTICLE VII-A
Tarheel Swim League Code of Conduct**

For athletes:

I, _____, as a member of the Black Mountain StingRays Swim Team agree to abide by the standards of conduct outlined below.

I understand I am expected to arrive at practices and/or swim meets on time and be ready to begin at the designated times. Initials_____

I will display respect and good sportsmanship toward coaches, teammates, fellow competitors, parents and officials at all times. Initials_____

I will conduct myself with honesty and integrity at all times. Initials_____

I will respect the decisions of the coaches and the officials and any disputes will be handled through official channels. Initials_____

I realize that as a member of the [Insert Team Name Here], I am a representative and will do my best to demonstrate good sportsmanship, integrity and honor at all times. Initials_____

Swimmer's signature: _____ Date: _____
Parent/Guardian signature: _____ Date: _____

For Parents/Guardians:

I, _____, as a member of the Black Mountain StingRays Swim Team agree to abide by the standards of conduct outlined below.

I understand that I am expected to have my child at practices and/or swim meets on time and to begin at the designated times. Initials_____

I will display respect and good sportsmanship toward coaches, athletes, parents and officials at all times. Initials_____

I will conduct myself with honesty and integrity at all times. Initials_____

I will respect the decisions of the coaches and the officials and any disputes will be handled through official channels. Initials_____

I will respect the authority of the Executive Board members to preside over board meetings, establish meeting protocol, and make rulings on team issues. I will abide by the Board Meeting Guidelines. Initials_____

I realize that as a member of the Black Mountain StingRays Swim Team I am a representative and will do my best to demonstrate good sportsmanship, integrity and honor at all times. Initials_____

Parent/Guardian signature: _____ Date: _____